



What is Mindfulness?

Mindfulness is about developing mental and emotional strength in children. As our students become more mindful, they develop the knowledge and attitudes needed to thrive in a world of increasing complexity, uncertainty, and exponential change.

At Laveen Elementary School, we want our children to perform at their optimal levels inside and outside of the classroom. Having students understand that they hold the key to being the “best version of themselves” is vital for their personal and academic success and for the cultivation of a positive school climate and culture. These goals are achieved through the Laveen Elementary Mindful School Program.

Mindful School Program Components

- ✦ Two full-time counselors trained in mindfulness and yoga
- ✦ One full-time mindful school coordinator trained in mindfulness and yoga
- ✦ 48 teachers and staff trained in the foundations of mindfulness
- ✦ “Second Step” social-emotional learning curriculum, PreK-8
- ✦ Student leadership opportunities (e.g., breathing buddies and mindful mentors)
- ✦ Before school and after school yoga classes for all students
- ✦ Classroom breathing exercises to help students focus and excel
- ✦ A dedicated “healing room” to allow students to reset and refocus



The Thoajik Ki (The Healing Room)

Throughout the day, any students that are dealing with frustration, depression, anxiety, or off-task behavior will be offered time in the Thoajik Ki located in the main D-building. There, the students will find a yoga instructor who will guide them through a breathing exercise and/or a mindfulness activity until he/she has reached a level of calmness and understanding.



Mindful School Sponsorship

The program is sponsored in part by the Laveen Elementary Booster Club, the Southwest Institute of Healing Arts, Phoenix Children’s Hospital, Lululemon Chandler, Mindfulschools.org, Pima Leasing, Breatheforchange.com, the Gila River Indian Community, and the Sand and Gravel Corporation.

State Recognition

The Laveen Elementary Mindful School Program was the winner of the 2018 Gold Bell Award, presented by the Arizona School Boards Association, for Arizona’s elementary school program of the year.



“Be the best version of you.”

#Laveen